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## The Big Book of Juicing: More Than 150 Delicious Recipes for Fruit Vegetable Juices, Green Smoothies, and Probiotic Drinks (Paperback)

By -

Skyhorse Publishing, United States, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. With The Big Book of Juicing, you ll learn how to make a variety of healthy drinks, which fruits and vegetables provide the nutrients to meet your specific health needs, and which produce is better when eaten whole rather than juiced or blended. You ll discover how to choose the right juicer and tips for going on a juice detox. The full-color photos will inspire you to start blending today. Feel the difference when you incorporate these juices, smoothies and other drinks into your daily diet. Apricot Melon SmoothieCacao Dessert SmoothieExcitement in Your Mouth JuiceFrothy Monkey JuiceLemon Ginger KombuchaProbiotic LemonadeSecret Spinach ShakeQuick and Dirty Flu FighterWake Me Up Morning Cocktail In addition, readers will learn how green smoothies are hands down one of the best supplements to any diet. With at least one smoothie a day your body will not only receive an extra boost of nutrients, but it will begin to crave these healthier foods naturally. The Big Book of Juicing also gives instructions on how to create probiotic drinks that benefit digestion, metabolism, and the immune system. Now you can enjoy these bubbly...



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